

Community Engagement Conference

Partnering to Advance Health and Wellness



IGNITE

January 24 and 25, 2018

Total Health and Wellness: A Team Approach to Primary Care

- **Presenters: Candy Rinehart** – nurse practitioner/director, Ohio State College of Nursing; (Center);
- **Christopher Westrick** – PharmD, Ohio State College of Nursing (Right)
- **Deborah Hanes** – nurse practitioner, Ohio State College of Nursing (Left)



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Objectives

- Describe member roles of the interprofessional team
- Recognize benefits of the team approach to patients and the community



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Our Team

- Candy Rinehart, DNP, CRNP, ADM-BC, FAANP, CEO/Director
- Stella Jordan, COO
- Edward Babel, MSN CRNP
- Kenzie Decatur, BSN, RN
- Erinn Dennis-DaCunha, LPCC
- Sarah Donahue, MSN, CRNP
- Monique Ganucheau, MSN, CRNP
- Deb Hanes, MSN, CRNP, CNS
- Lucia Jenkusky, MS, RN, CRNM, C-EFM, FACNM
- Karyn Knipe, LISW
- Niki Kritikos, MS, CRNP, MPH
- Oralea Pittman, DNP, CRNP, FAANP
- Betsy Shaffer, MSN, CRNP
- Teresa Smith, MS, PMHNP
- Chris Westrick, PharmD, BCACP, CDE
- Lori Williams, MS, RD, CSR, LD



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Our Team



Our Role: Adult/Family NP & PMHNP

- Assess current state of health
- Provide evidence-based management of health conditions
- Assist in reaching optimal wellness goals
- Help with anxiety, depression, and other mental health issues



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Our Role: THW at Home

- Provide primary care at home
 - Supports individuals who choose to age/live at home
 - Enables access to care for those with disabling conditions or frailty
 - Assist with provision of mobile diagnostic and laboratory services



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Our Role: Women's Health

- Provide OB/GYN services
 - Family planning
 - Including LARCs
 - Prenatal care
 - Post-partum care
 - Annual exams



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Our Role: Pharmacy

- Provide chronic disease state education & management

Anticoagulation	Diabetes
Hypertension	Smoking Cessation
Cardiovascular Risk Reduction and Lipid Management	

- Medication recommendations
 - Efficacy vs. Safety vs. ****Cost****
 - Assist with patient assistance programs



Our Role: Social Work/Counseling

- Help with financial issues and community support
- Help with anxiety, depression, and other mental health issues



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Our Role: RN Care Coordinator

- Lead weekly TEAMcare meetings
- Provide weekly telephone follow-ups for TEAMcare patients
- Population management
- Hospital/ED follow-up
- In office assistance with injections and phlebotomy



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Our Role: Dietary/Nutrition

- Help with dietary and nutrition concerns
 - Provide nutritional education on often misunderstood topics
 - Assist with weight loss/weight gain
 - Ways to eat and cook to improve health



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Community Impact

- Improves access to primary care on the near-east side of Columbus
 - Underserved/underprivileged community
 - Provide Community education programs
 - Collect data regarding the demographics and health outcomes of the THW community



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Community Impact

- Newly recognized Federally Qualified Health Center (FQHC) Look-alike
 - Increased funding to care for the underserved and provide interprofessional care



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- *“TEAMcare is a clinic-ready model for managing medical and behavioral conditions that is used nationally for PCMH and ACO programs. TEAMcare is an evidence-based strategy for improving quality of care and outcomes while reducing cost”*
- Based out of University of Washington and the Group Health Research Institute



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TEAMcare Patient Selection

- Patients identified for TEAMcare
 - Multiple chronic diseases:

Diabetes	Dyslipidemia
Hypertension	Mental Health Disorders

- High likelihood to require assistance from multiple team members



TEAMcare Key Components

- Formulate an individualized health plan with specific and measurable targets
- Support patient self-management
 - Medication adherence and healthy lifestyle habits
- Carry out “treat-to-target” treatment intensification through frequent follow-up
- Engage in weekly systematic case review
- Monitor clinic progress proactively



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TEAMcare Goals

- Improve depression care through behavioral activation and use of antidepressants
- Improve medical disease control
 - HbA1c, blood pressure, LDL cholesterol
- Support patient self-management
 - Diet, smoking cessation, glucose monitoring



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Team- Based Care in Action



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Our Future = Our Students!!!



- Interdisciplinary education is the foundation for the future
- Our students work and learn together



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Ohio State
Total Health & Wellness
at University Hospital East

A Team Approach to Primary Care



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